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HOW TO EMBRACE NEW BEGINNINGS

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

There have been many signs in my life recently that have indicated new beginnings are on the way. Mix that with the recent solar eclipse, and I just couldn't help but talk about embracing new beginnings in our lives. And a great way to do this is through meditation. You might be thinking, "But I don't need any new beginnings in my life." I'd like to point out, however, that it's always a good time to drop that which no longer serves you and embrace the things in life that make you happy. This doesn't have to mean drastic changes by any means, rather, keeping up with a monthly date with yourself where you meditate on leaving behind that which no longer serves you and embracing the new! Now, it's a modern trend to do this with the new moon. People believe there is a power to the new moon. Whether or not you believe this or whether it's true, I don't see the harm in committing to yourself once a month to focus on your intentions. In fact, I think it's a great idea, especially for those interested in manifestation. By removing that which doesn't serve us anymore, we can allow for things that may be blocking us to move out of our path. How can we do this?

Well, each month, I take time to get comfortable and commit to a bit of a longer mediation exercise. After conducting my preparatory process, I start to call forth all the aspects of my life in my mind. I reflect on the things that make me the happiest and then I reflect on the things I wish I could change. If there are things that come to mind that I'm unhappy with, I see myself working through them and releasing them in my mind; whatever that means to me in the moment. I see them turn to dust and fade away out of my reach. I'll scan my body and see if I'm holding onto any physical pains or stressors that may be blocking me, as well, and I'll gradually release them from my life by breathing them out with each exhale I take.

Sometimes, we block ourselves from moving forward without even being conscious of it. Whether it's energetically or even in a greater way where we have our actions work against what we really desire. So, I always like to end this phase of my meditation by asking the universe to allow me to release anything that is no longer serving me, whether or not I am conscious of it. By releasing everything and consciously stating the

mantra, “I release that which no longer serves me.”, I find that I am more open and honest with myself as I move forward in my meditation. Even if you feel everything is great in your life, I think it’s worth it to scan your body once a month, release any stressors you may be holding on to with breathing exercises, and gently repeating, “I release that which no longer serves me” while seeing any stress or conflict slowly turning to dust and releasing from your body. This makes way for the new beginnings you could want.

Next, I visualize all the things in my life that make me the happiest and I call them forth in my mind for as long as I’d like to. I allow them to build into a feeling of gratitude, and I live in that gratitude and allow it to multiply into a great force of energy. From there, I ask myself what I want. What are my current goals? I then allow myself to visualize me accomplishing each of these goals, manifesting them into the universe. I live each moment of these accomplishments, feel what it’s like to hold the success of each one, and again hold onto that gratitude. From there, I say that this or something even greater is coming my way. I live in that happiness and allow it to translate from my meditation out into my day.

By regularly checking in on what I want and seeing it come to be, I’m able to stay on target with my accomplishments, and it also puts me in a great headspace. I encourage you to check out the Manifestation exercises in the expand app to amplify your new beginnings, and if you are truly focused on crafting something new in your future with your new plans, **MC Squared** is the program for you!

All in all, when we say, “new beginnings”, it can be a bit overwhelming. But the way I see it, we can always invite exciting new things into our lives when we are ready for them, and a monthly check-in with yourself and your goals is a great way to release what isn’t serving you and allow the new, wonderful opportunities to approach you.